

# Walnut Terrace Neighborhood Center

## April 2019



**RALEIGH** Parks,  
Recreation and  
Cultural Resources  
parks.raleighnc.gov



Monday	Tuesday	Wednesday	Thursday	Friday
1 11:30-12:15 Qi Gong for Joint Health	2 12:00-12:45 Ageless Grace	3 9:00-9:45 Chair Yoga	4	5
8 11:30-12:15 Qi Gong for Joint Health	9 12:00-12:45 Ageless Grace	10 9:00-9:45 Chair Yoga	11	12
15 11:30-12:15 Qi Gong for Joint Health	16 12:00-12:45 Ageless Grace	17 9:00-9:45 Chair Yoga	18	19 <b>Closed for Good Friday</b>
22 11:30-12:15 Qi Gong for Joint Health	23 <del>12:00-12:45</del> <del>Ageless Grace</del>	24 9:00-9:45 Chair Yoga	25	26
29 11:30-12:15 Qi Gong for Joint Health	30 12:00-12:45 Ageless Grace	Some programs are offered at no charge; however we request that you pre-register to reserve your spot.  See reverse for program descriptions.		

## **Walnut Terrace Neighborhood Center**

1256 McCauley Street, Suite 126

Raleigh NC 27601

919-996-6160

WalnutTerraceCenter@raleighnc.gov

Website: [parks.raleighnc.gov](http://parks.raleighnc.gov)

Keyword Search: Active Adults

## **Hours of Operation**

9:00 AM-6:00 PM

## **Program Descriptions**

### **Ageless Grace**

Learn 21 simple tools for lifelong comfort and ease! The tools focus on specific areas of the brain and body to improve balance, flexibility, cognitive function and more, all while you are sitting in a chair. It's fun, and best of all, it's easy! Visit [www.agelessgrace.com](http://www.agelessgrace.com) for more information.

*Instructor: Missy Atkinson*

### **Qi Gong for Joint Health**

Qigong (chee-gong) for Joint Health is conducted both sitting and standing. We will practice guided visualization, simple motions, and balance exercises to improve strength and fluidity of movement to promote bone and joint health. This is a beginner level class.

*Instructor: Kathy Bundy*

### **Yoga - Chair Yoga**

This beginning class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breath awareness to calm and release tension. All standing poses may be done with the support of a chair.

*Instructor: Kathryn Clarke*